

## Barbecue Pork Chops

### Ingredients:

- 1/3 cup ketchup
- 1 tbsp cider vinegar
- 1 tbsp brown sugar
- 2 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 4 lean loin pork chops, trimmed of fat



### Preparation:

Combine ketchup, cider vinegar, brown sugar, Worcestershire sauce and chili powder. Place pork chops in a large resealable plastic bag. Pour barbecue sauce into bag and cover chops with it. Marinate for 4-6 hours.

Preheat grill or broiler. Spray grill with high-temperature nonstick cooking spray before heating; or spray broiler rack while broiler is heating. Place marinated chops on grill or broiler and cook until done, about 5 minutes per side. Serves 4.

Per Serving: Calories 241, Calories from Fat 68, Total Fat 7.6g (sat 2.6g), Cholesterol 90mg, Sodium 449mg, Carbohydrate 11.5g, Fiber 0.9g, Protein 31.7g

<http://lowfatcooking.about.com/od/meatdishes/r/bbqporkchops.htm>